

Personal Best Times - Nov 30, 2025 (AWG Trials)

111.12m Track	500m	777m	1000m	1500m	3000m	333m		
Shea	00:48.049	01:14.480	01:39.340	02:34.100	05:26.620			
Gregory	00:52.050	01:23.070	01:44.880	02:47.72				
Carl	00:53.18	01:33.040	01:46.21	02:48.97				
Molly	00:58.480	01:30.730	01:58.720	02:55.73				
Kieran	00:51.890	01:22.730	01:47.620	02:47.720				
Jeff	00:52.190		01:50.24	02:53.52				
Lindsay	00:58.29	01:31.850	01:52.750	02:55.600				
Jenny	01:34.190	01:02.230						
100m track	100m	200m	300m	400m	500m	1000m	800m	1500m
Molly	00:13.84	00:35.59	00:51.51	00:49.73	01:02.10	02:05.82	02:19.29	02:05.65
Kieran	00:20.91	00:27.80	00:41.01	00:43.82	00:54.02	01:50.720	01:26.861	02:41.420
Gregory	00:11.34	00:29.35	00:41.95	00:44.35	00:54.24	01:48.98	01:41.00	02:51.97
Carl	00:15.62	00:27.78		00:45.786	00:57.14	01:56.610	01:30.831	02:59.017
Ian		00:28.380	00:41.880	00:46.750	00:57.96	01:57.75	01:41.955	03:07.280
Eli		00:26.21	00:38.34	00:45.080	00:56.94	01:58.040	01:33.031	03:01.027
Hector		00:30.260	00:43.850	00:47.060	00:57.96	01:58.21	01:42.450	03:05.71
100m track	100m	200m	300m	400m	500m	1000m	800m	1500m
Tomi		00:34.550	00:59.900	00:58.260	01:15.57		02:05.92	
Jasper	00:20.67	00:29.52	00:44.781	00:56.32	01:12.160		01:57.56	
Stanley		00:32.19	00:52.60	01:05.93	01:29.67		02:15.29	
Simon	00:19.58	00:36.12	00:57.68	01:09.73	01:39.93			
Nellie	00:21.87	00:34.21	00:47.85	01:05.85	01:29.10		02:09.43	
Nelia	00:23.26	00:32.49	00:50.50	01:03.41	01:20.31		02:11.36	
Gunnar		00:28.36	00:47.48	00:57.077	01:10.211		01:54.690	
Philippe		00:33.77		00:57.70	01:11.15		02:02.72	
Nolan		00:35.25		00:57.41	01:10.73		01:57.42	
Odin		00:32.34	00:52.59	01:02.40	01:18.06		02:14.22	
Emmett		00:28.21		00:56.02	01:12.79		02:04.54	
Benedict		00:32.90	00:54.46	01:06.38	01:21.57		02:24.13	
	3000m relay							
Juvenile Girls	05:47.630							
Juvenile Boys	05:22.680							
Junior Boys	04:59.110							